

# SCHEME OF EXAMINATION FOR YOGA AND MENTAL HEALTH

(YMH)

STUDY (CREDIT BASED SEMESTER SYSTEM)

(Implemented from academic session 2019-20)

SEMESTER I										
S.	Course No.	Subject	Title	Teaching hrs/Week		Marks				T M
				L-T-P	Credits	Theory		Practical		
						Internal	External	Internal	External	
1	YMH 101	Fundamentals of Yoga	PC	6-0-0	6	30	70	----	----	1
2	YMH 102	Principles of Hatha Yoga	PC	6-0-0	6	30	70	----	----	1
3	YMH 103	Human Biology	PC	6-0-0	6	30	70	----	----	
4	YMH 104	Mental Health	PC	6-0-0	6	30	70	----	----	
5	YMH 151	Practical- Yoga Skill and Prowess-I	PC	0-0-12	6	----	----	30	70	
Total Credits					30	120	280	30	70	




## SEMESTER II

S. No.	Course No.	Subject	Title	Teaching hrs/Week		Marks				Total Marks
				L-T-P	Credits	Theory		Practical		
						Internal	External	Internal	External	
1	YMH 201	Patanjala Yoga Sutra	PC	6-0-0	6	30	70	----	----	100
2	YMH 202	Mental Health and Yoga Philosophy	PC	6-0-0	6	30	70	----	----	100
3	YMH 203	Yoga Therapy and Counselling	PC	6-0-0	6	30	70	----	----	100
4	YMH 251	Practical- Yoga Skill & Prowess-II	PC	0-0-12	6	----	----	30	70	100
5	YMH 252	Practical- Yoga teachings, Lesson Plan and Yoga Therapy	PC	0-0-12	6	----	----	30	70	100
Total Credits					30	90	210	60	140	500